

for transitions to the R-SCH release state from the R-SCH autonomous and scheduled states, R-SCH release messages and procedures are used.

30. A method as in claim 29, where for the transition from the R-SCH autonomous state to the R-SCH scheduled state in accordance with the second operational mode of operation, the state transition trigger is implemented by an increase in a required QoS level, and for the transition from the R-SCH scheduled state to the R-SCH autonomous state in accordance with the third operational mode of operation, the state transition trigger is implemented by a decrease in a required QoS level.